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New strategy pays off for Wartburg West

Tara Nichols (center) and Brian Vachta (right) stand at the top of Mt. Massive with Amy Janssen, left, whom they met at the United Servant Corps dinner. Nichols and Vachta were part of the group of students at Wartburg West during Fall Term 2011. — **Submitted photo**

MATT CUNARD *NEWS EDITOR*
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The Wartburg West program has filled all of its spots for the summer and fall terms, something that Jo Dorrance, internship coordinator for the Center for Community Engagement, said she owes to a few different reasons.

After periods of up and down participation on the part of students, Dorrance said the program changed how it marketed itself.

"We've tried really hard to market the program more aggressively than ever," Dorrance said. "We've really found that students by and large are not looking at pamphlets, they're not paying attention probably to things we've been sending out."

Dorrance said she has been visiting classes that are typically full of freshmen to try and get the word out about the program.

Bonita Bock, co-director of Wartburg West, said another factor in the high numbers was the ability of the program to hire a student, Taylor Yezek, to create a marketing strategy.

Bock also said the sophomores that go as part of the Sophomore Experience program at Wartburg West help to spread the word to others on campus.

"Sophomores who participated are on campus longer to talk about their experience with peers, compared to seniors who participate but quickly graduate afterwards," Bock said.

The Sophomore Experience is one of the reasons the spots for next Fall Term are full, Dorrance said.

The program, now in its third year, allows for sophomores to experience city life in Denver and get real world experience during Fall Term, Dorrance said.

"At a much younger age they're getting that out of the classroom experience in what they think they want to do, and that's really valuable," Dorrance said.

The group of eight sophomores that will be going to Denver next fall are part of a group of academically diverse students, Dorrance said. Their majors range from business administration to communication arts to elementary education.

While this academic diversity is normal for students going in the fall, the summer program at Wartbrug West usually has a different make up. Dorrance

▸ **STUDENTS THAT—p.2**

Nutrition, exercising the keys to beating 'Freshman 15'

KAITLYN BALDRIGE *STAFF WRITER*
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With the rise of obesity rates in recent years, an alarming number of children are now being diagnosed as obese, accordingto the International Journal of Pediatric Medicine.

Megan McMillin

Megan McMillin, a physician's assistant at Noah Health Clinic, has noticed that the health of Wartburg students may actually be improving.

"I think that we're kind of trending back towards a healthier lifestyle. I think people are trying to eat better and exercising more," McMillin said. "I think that generally students today are probably healthier than they were 10 years ago."

Although the health of college students is better than it was a decade ago, many freshmen still manage to gain the freshman 15.

"Going from high school to college, we are much less active a lot of times," McMillin said. "I think that to go and eat on campus, you have many more options that maybe you didn't have when your mom or dad was just making your supper every night."

She said busy schedules and the many dessert options in the Mensa can often lead to weight gain, and many more problems

"Anytime that we are not feeling good about ourselves, every aspect of our life can be affected by that."

Dawn Wiegmann, the director of wellness and health promotion, said that the right portions healthier snacks can help keep off the pounds. Stocking the dorm fridge and shelves with healthy and filling snacks such as Greek yogurt and nutritious granola bars can help keep students feeling full, Wiegmann said.

Many students may find themselves snacking even when they

▸ **EATING RIGHT—p.2**

Waverly Dam built for protection, efficiency

KRISTIN CANNING *STAFF WRITER*
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The completion of the Waverly dam is the first step in a plan to better disaster preparedness in the community, said Waverly Mayor Bob Brunkhorst.

Construction finished on the dam last fall after a minor setback, and now the dam is up and working.

"People are pleasantly surprised with how well it works and that it's automatic," Bob Brunkhorst said. "It assures the community that we're taking action against floods like 2008."

The dam is inflatable, with a sensor that determines the water level. When the level increases, the dam automatically deflates to allow more water to flow and keep the level constant.

"The dam can drop seven feet until it's flat," Brunkhorst said. "Only after that will water rise."

Brunkhorst said the dam will "minimize water breaking the banks and going west toward Wartburg and houses near there."

The dam has minimal mechanical components, which means there's not much to break in the event of a flood.

"With other dams, the engines

▸ **DAM IS PART—p.2**

The Waverly Dam, completed in the fall, is just one project the city is undertaking to protect against floods like the one the occurred in the summer of 2008. — **Oxana Protchenko/*TRUMPET***

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NEWS

Students that go are academically diverse

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said more biology majors and other students who cannot fit Wartburg West into another semester are the ones who participate in the summer.

"We did a survey last year in the spring, sent out to 700 students on campus, and they know about Wartburg West," Dorrance said. "In fact many of them said it was one of the reasons they came to Wartburg because they wanted to have that opportunity to study off campus without going abroad."

"But what happens when they get here is they're in music or in a sport or they're a biology major. There are just hurdles for them attending during the academic year."

> *"[The building] has served Wartburg College very well for the years it has been here."*
> *-Jo Dorrance*

While the Summer and Fall Terms are full, Bock said that there should not be a jump to try to change the program.

"We always look to improve Wartburg West. The goal of being at capacity is nearly met," Bock said. "Until that happens, discussions of expansion need to be carefully considered.

Dorrance said the college is currently looking at options for a new building for the program, but nothing has been decided yet.

"[The current building] has served Wartburg College very well for the years it has been there, but it's not going to be able to be sustained," Dorrance said. "What we think is that if we have the facilities, which would be better, then we could attract more students."

Dam is part of Waverly's disaster preparedness plan

◂ continued from p. 1

can break. Ours is made up of air pumps and compressors," Brunkhorst said. "If the compressor breaks, the dam will deflate until it's flat, and still reduce flooding. That should be good to hear for people that have been through a flood."

Brunkhorst said the community's reaction to the dam has been very positive.

"It looks better than people anticipated. We've had a few complaints about the humming noise but we're working on that."

The city is also implementing other measures to protect Waverly against flooding.

Projects are in the works to deepen and widen the dry run, which will reduce flash flood potential. The city now has generators and sandbags on hand and is improving its disaster preparedness plan. Water retention and detention areas are also being made.

"These would be a place to capture and retain water in the event of a flood," Brunkhorst said.

Waverly will also be joining the Watershed Management Authority which covers a five-county area from Minnesota to Bremer County. The group aims to reduce flooding and improve water quality.

"We're going to be working very hard on this," Brunkhorst said.

Brunkhorst wants people to know the city has their best interests at heart.

"The dam is just one piece of the puzzle. We have a complete plan to be better prepared for floods and other disasters."

Eating right, portion control and exercise can help deter weight

◂ continued from p. 1

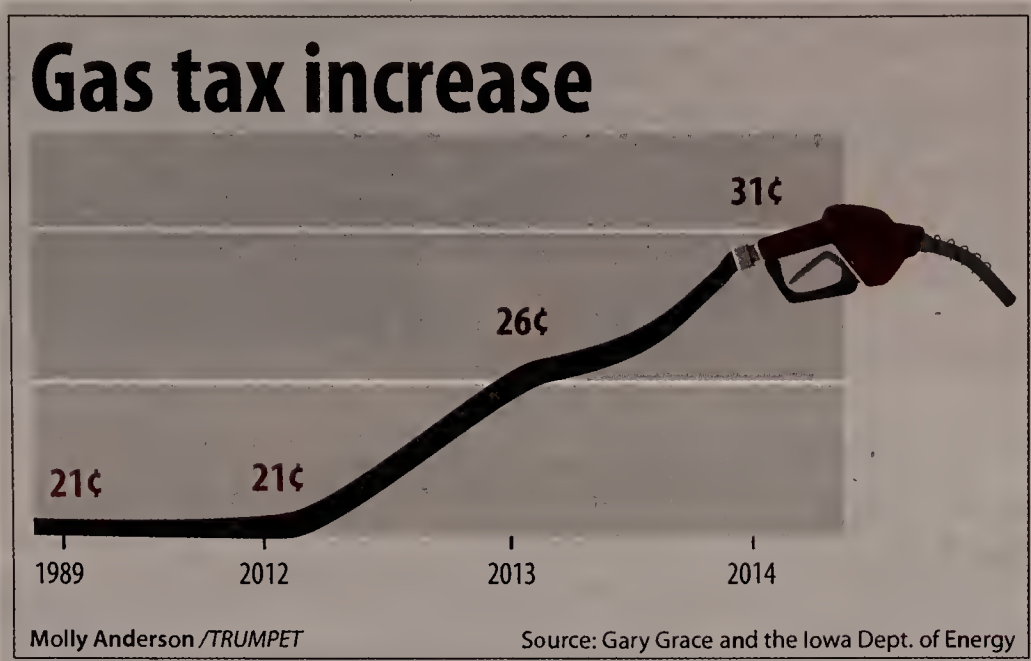
are not hungry, so Wiegmann suggests popping in a stick of gum. The flavor satisfies hunger for a while and chewing can burn up to 11 extra calories and hour. It may not sound like a lot, but burning those extra calories adds up, particularly when it helps to avoid eating other empty calories, she said.

Even eating too many healthy snacks can still lead to weight gain however. Wiegmann said the biggest problem is portion control. Many people envision portions to be much larger than what they should be, and this causes many to overeat.

All of those things can lead to weight, which can affect a student's life. Classes become harder to stay awake in, self-esteem goes down, and many students feel sluggish and tired, McMillin said.

However, McMillin said that beginning a regular exercise plan can help shed the pounds, and prevent future weight gain. Taking time to join a class in "The W," going for daily walks or bringing a bike to campus keeps students moving and active.

"I think exercise keeps us at a healthy weight, keeps our hearts healthy," McMillin said. "I think it's a great stress reliever...we sleep better when we're exercising on a regular basis and just overall feel better."



Bill could increase tax on gas

AL STRAIN *EDITOR-IN-CHIEF*
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Wartburg College, its students and its faculty may soon see an increase in how much they pay for a gallon of gas.

Gary Grace

There is a proposed law in the state senate that would increase the amount Iowans pay at the pump by five cents in 2013 and another five cents in 2014.

The increase would be the first of its kind since 1989, when it was raised to its current rate of 21 cents.

Vice President of Administration Gary Grace said the increase will not dramatically impact Wartburg.

"From a budget perspective, its not a huge impact on the budget," Grace said. "The nickel increase is such a small component of the gas cost."

The majority of gas price is made up from the price of crude oil. According to the Department of Energy, the price of crude oil makes up roughly 65 percent of the cost of a gallon of gas.

Grace said there are a variety of areas that will be affected by the increase in gas prices, including the cost of buses for athletic events, the cost to transport food or taking a class off campus for a field trip.

> *"If they started adding up, then it can start becoming an issue."*
> *-Gary Grace*

"If they started adding up, then it can start becoming an issue," Grace said. "We can still handle it, but maybe we'd have to prioritize things a little bit differently."

Grace said when there have been other instances where gas prices were high, the college has still been able to operate without making significant changes. He said the college wouldn't feel the pressure to reevaluate their practices until gas prices went up to $4 or $5 a gallon.

Wartburg currently pays a fixed rate on its electric rates and natural gas is lower than what they have experienced in the past, Grace said.

"Those prices are low as compared to the spike in prices for gasoline, but the amount we spend on natural gas is much higher than the amount we spend on gasoline," Grace said.

Grace said overall, the tax on gasoline will make gas prices higher, but it's the least important component to the price of a gallon of gas. Should gas prices hit historical highs, Grace said the college will make the necessary changes.

"Even though it's high, it's not a significant impact," Grace said. "I still don't think that would impact significantly being able to meet the mission of the college and have students get the experiences they are planning for."

Stuart McDonald (left) and Brian Vachta (right) propel themselves across the McCaskey Lyceum stage using fire extinguishers as part of the Chemisty and Physics Club Demo Show. Submitted photo

Correction

In last week's issue of the Trumpet, a photo on page 6 mistakenly identified one of the students in the photo as Shalom Nwaokolo.

The student's actual name is Moses Santino. The Trumpet regrets the error.

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OPINION & EDITORIAL

WHATS ON YOUR MIND:

Activism over "slacktavism"

SHEA KRUGER *GUEST COLUMNIST*
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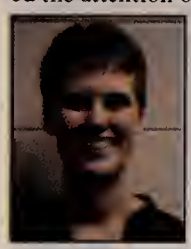
The Kony 2012 film has attracted the attention of over 80 million viewers worldwide, not to mention the hundreds of videos, articles, blogs and discussions posted in response to this 30-minute documentary on the atrocities being committed in Uganda.


Shea Kruger

Invisible Children, the producers of the film, have provided the international community with knowledge of this violence and placed the responsibility of stopping Joseph Kony on the shoulders of Uganda's global neighbors.

While Invisible Children offers ways in which the global community can become involved—donations, purchasing a T-shirt, bracelet or action kit—critics have suggested that awareness and passive action aren't enough and that change needs to involve the local government, people and groups that have been advocating these issues in Uganda for quite some time.

Additionally, critics have also said that awareness of an issue that is not active in Uganda at the present is potentially damaging for the country and may actually cause a resurgence of issues.

Two Wartburg alumni have been working in Uganda since 2006 to provide hope and a future for children that have been abducted since the war's start.

Neil and Conrad Mandsager started the organization ChildVoice International to rehabilitate war-affected children and surrounding communities. They have built a village that allows war orphans, members of displaced families and former child soldiers to live in a safe, healing community.

ChildVoice allows students to intern, volunteer or travel on a short-term mission trip to Uganda, advocate and donate to their worthwhile cause. Organizations like these have seen a boom in support since the release of the video, but even the organization's founders are uncertain of the effects the video will have.

You don't have to start an organization abroad to make the world a better place.

Serious global issues are taking place daily and although we may not have posts on our Facebook timeline urging us to pay attention, it is imperative that we question and learn about the events shaping the world we live in and find ways to become directly involved.

Students for Peace and Justice, an on-campus organization, meets twice each month to discuss world events and take action on issues meaningful to the group. I urge you to be a part of these discussions and find ways to become involved with matters that are important to you.

WHAT'S ON YOUR MIND:

Tuition increase is a good thing

ZAK STIEB *GUEST COLUMNIST*
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While I know I will have many arguements after this is published, I think of arguments that I have already had about the rising costs of college and why it is a good thing

Zak Stieb

First, it is going to happen. It happens everywhere and there is nothing anybody can do about it. The same thing happens with food. Inflation and increased costs of living aren't the only thing that makes the costs go up either. Fixing a window because it's old or replacing a light bulb that has burned out has to happen and it costs money to replace. After graduation, the wallet will get hit with unexpected expenses. Tires blow out. Medication costs money. These costs are similar to the ones that rising college prices cover.

Second, if you feel like the amount of money that you pay to go here every year isn't worth it, then you don't have to go here. As a student, you have plenty of choices on where to attend college. Students should know that tuition is going to go up and should plan ahead for that. It might be shocking your first year, but from then on students should know what to expect.

Third, and this is the most important, is that your professors are happier. A budget of $600,000 has been set aside this year for faculty and staff pay increases. Professors that have an incentive to teach well will be better teachers. Better teaching and learning atmospheres will help students learn better. In short, the happier your professor is, the better they will teach and the better they teach, the better you will learn.

While the rising costs of tuition is unfortunate, a large portion goes towards financial aid for incoming students. That is the nature of the game. You got the same deal as they will next year. Tuition was raised for the students before you so that your financial aid would cover part of the cost of attending Wartburg.

In short, increases in tuition may be a pain, especially the longer you attend, however, increases are in the best interests of both you and the college. Don't forget that the college isn't your enemy trying to drain all of the money out of you that it can.

Wartburg is a non-profit institution aimed at giving you the possibility for the best life it can.

TRUMPET

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Letters to the editor are subject to editing without changing the meaning of the letter. Authors will not be notified of changes prior to publishing. Letters must be signed, fewer than 250 words, submitted by 9 p.m. Thursday and related to current issues in the Wartburg community. Letters may be sent to the communication arts office or emailed to trumpet@wartburg.edu. Please type "Letter to the Editor" as the subject line. Publication is at the discretion of the editor.

Choice Words | WARTBURG SOUNDS OFF

Dear boys sunbathing outside of KV,
This is NOT the Jersey Shore. Put a shirt on and go back inside.
–Hint: it's Waverly

Not being able to go to the senior banquet because you have your senior research class... now that's the "Be Orange" value!
–Feeling left out

Heard the Harry Potter theme and turned to see a big football player answer his phone. I'm really happy I go to Hog-Wartburg.
–Team Harry

Dear Girl on campus,
If you choose to wear white gym shorts, pick something other than a hot pink thong to wear underneath. Sincerely, get thicker shorts or wear white underwear...
–Yuck!

"How do you spell crotch?"
–Overheard in Centennial Lounge

"I insulted her boyfriend, and I thought she'd get mad about it, but then I realized that's way too conformist for her."
–Overheard in the Mensa

"And now we're all watching a dog drink water..."
–Overhead in the J-Lab

Dear third floor Res Boys,
Do you take requests?
–Diggin' your tunes

Dear roomie,
Hypocrisy doesn't look good on anyone.
–Practice what you preach

Made my plans for Easter break, now I just need to plan Tour Week.
–Procrastination

THE Circuit WARTBURG COLLEGE
www.wartburgcircuit.org

Choice Words is dedicated to the (truthful?) expression of the students, faculty, staff and alumni of Wartburg College. Want to share your thoughts, observations or wisdom? Serious or delirious, it's time that you're heard! Either go to the Circuit or tweet #choicewords to see your thoughts here! The Trumpet reserves the right to censor inappropriate and libelous comments.

LETTER TO THE EDITOR

I am disappointed in the lack of support in last week's Trumpet for the students who were involved with Dance Marathon. Dance Marathon deserves more than a picture.

I understand the tuition increase is newsworthy but so is Dance Marathon. The mission of our college states we are dedicated to lives of leadership and service, and I adamantly believe those who participated in Dance Marathon embodied Wartburg's mission. Dance Marathon raised over $27,000, which surpassed their goal of $25,000, and was $10,000 more than they raised last year.

I am proud to be a Wartburg Knight because of the positive accomplishments made on campus, not because of tuition hikes or because of the arrest of a peer.

Everyone involved with Dance Marathon should have been recognized.

Also, I do not understand why a story was not run on Mr. Wartburg. I thought Mr. Wartburg was a huge success and also supported another student's accomplishment through her leadership and service.

Making a positive change is what "Be Orange" means.

Brooke Lentz

News

Contest to make shirts for intramurals begins

EMILY NOVOTNY *STAFF WRITER*
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Intramural director Justin Jackson is putting the fate of the championship prize for intramurals in the hands of the student body.

Justin Jackson

Wartburg intramurals is currently accepting T-shirt designs that each student designer feels will conceptually represent intramurals the best. The winning shirt design will be on T-shirts given away to all intramural champions next year, which is about 150 students.

"It's a competition, and everyone always likes to win something," Jackson said. "Winning and getting the champion T-shirt is the most popular thing for intramurals so whoever wins the contest can say 'Hey, I did that' when seeing someone wearing their design."

Last year's winner, Emily Jordt was not active in intramurals, Jackson said, but she just wanted to be creative. He said he likes this contest because this way anyone can get involved with intramurals.

"I got the idea for the contest because I want to see how creative the students can be with the designs," Jackson said. "Last year I just sent out an email, and I didn't get the student reaction I was hoping for."

To gain more publicity for the contest, Katlyn Underwood has volunteered to help Jackson organize the contest on "The W" intramural Facebook page so the entire campus can get involved.

"It's simple and easy yet something that you could use in your resume or to just brag about," Underwood said. "By having the contest online, you can even track how your design is during the voting which I think is exciting."

Underwood said that the designs can be created on the computer or a scanned copy of a hand drawn picture. The requirements for each design must include "The W" logo along with incorporating the title "intramurals" somewhere.

The designs should be submitted on the Wartburg Intramurals Facebook page or to katlyn.underwood@wartburg.edu. The designs will be judged anonymously. Designs will be accepted through April 15.

"I encourage every student to participate," Jackson said. "What do you have to lose?"

Joeseph Kony as he appears in the Invisible Children "Kony 2012" video. He leads the Lord's Resistance Army, a militant christian group of rebels that fled Uganda in 2006. **Submitted Photo**

'Kony 2012' video finds supporters and critics among the student body

JIM KRAJEWSKI *ASST. NEWS EDITOR*
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Emily Layton said she knew immediately after watching the video that she had to do something for the cause on the Wartburg campus. She met with two other students, Valentina Jordan and Miranda Fadden, who made T-shirts and set up a screening of the "Kony 2012" video in a classroom.

The video calls for Ugandan warlord Joseph Kony to be brought to justice. Kony has led the Lord's Resistance Army (LRA) since 1987. The International Criminal Court wants to charge him with war crimes and crimes against humanity, the most egregious being his use of kidnapped child soldiers. Invisible Children has advocated for these child soldiers for the past decade.

Kony and his forces are now scattered in neighboring countries and have been since 2006. President Obama dispatched a group of 100 soldiers to assist in apprehending Kony in Oct. last year. The video is part of an awareness campaign that wants people to "make Kony famous" so congress and Obama don't pull the U.S. troops from East and Central Africa. These troops were sent after lobbying from the Invisible Children organization.

Jordan said she became interested in the cause because it shows the power of social media.

"It was not the video itself, but what they were doing. I think it was the initiative; how people can get together and make things happen," Jordan said. "If this project works, they can make this model work for anything else."

The "Kony 2012" social media campaign seeks to influence celebrities like Jay-Z and Stephen Colbert and policy makers including former Presidents Bill Clinton and George W. Bush to support the cause. The film currently has over 80 million views on YouTube.

Layton said her and other "Kony 2012" supporters will remind students of that message directly or indirectly.

"People don't have to go out and do anything. We're doing this all for them. They can come to us, give change for change or buy shirts," Layton said. "We hope this sparks some more interest in what's happening in Uganda for people if they pass us in the student center."

Not everyone is buying the wristband, however. Kyle Fleming heard about the "Kony 2012" campaign after a fellow choir member sent him a link. They had been working on a piece, "To Be Certain of the Dawn," about the Holocaust and have since been encouraged to take a more active role in social justice.

Fleming began watching the video, but did not complete it because he felt something was amiss. He researched the organization and the LRA insurgency and found that "Kony 2012" gave an incomplete picture of Uganda as it is today.

Al-Jezeera reported that a screening of "Kony 2012" in Northern Uganda roused anger from the viewers. People criticized the movie for painting a picture of a conflict that has largely passed as estimates put the LRA's forces at about 300 persons according to the Institute for National Strategic Studies.

Invisible Children has also been criticized for spending 37 percent of its expenses on programs in Africa while 26 percent have gone towards awareness programs and 10 percent has gone towards "awareness products" like shirts and wristbands. Financial statistics are available on the "Kony 2012" website.

Fleming shared the criticisms he found of the campaign on his blog and Facebook. He said supporters of "Kony 2012" told him that they were at least doing something to help.

"Something isn't always better than nothing. Sharing your video isn't helping if you aren't doing something to follow it up," Fleming said.

He said he does not like awareness campaigns for the sake of awareness.

At Wartburg and the world at large, Fleming said instant gratification is highly desired and the video does this with strong emotional appeals but leaves out necessary information.

"If people aren't willing to put in time to dig deeper in research, then I feel you wasted a half-hour watching emotional propaganda," Fleming said.

Jordan said criticisms of the film may be valid, but she said there are few other people who are there to do the work of Invisible Children.

"Yeah, the video has flaws as most everything does. That doesn't mean the purpose or the people working with it aren't true to their ideals," Jordan said.

Layton said they plan to have a member of their group at a table near the Mensa for five weeks selling shirts, asking for donations and answering questions about the cause.

Wartburg ITS clarifies policy on email archives and privacy

JERICA GEORGE *STAFF WRITER*
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Online privacy is a growing concern among students and other Internet users. What many students don't know is they aren't impervious to hackers and people trying to access their information.

Gary Wipperman

Gary Wipperman, assistant vice president for Information Technology Services, said there isn't a set email policy that outlines what you can and cannot do, but it does fall under Wartburg's basic computing policy. That policy basically outlines the appropriate ways to use Wartburg's resources and your basic privacy rights.

"You can use [Wartburg resources] for academic purposes and personal purposes but you can't use it for commercial purposes," Wipperman said.

As stated in the Wartburg computing policy, suitable uses for Wartburg's resources include class assignments, academic research and investigation, professional advancement and administrative and instructional support.

Specifically, every email sent or received at Wartburg is not stored but it is backed up. Wipperman said storing every email would take up too much space on the server and typically there are no long term needs for them.

The filing system that Wartburg does with its emails and other documents saves them for a period of time. Wipperman said to retrieve an email or another document a person is more likely to get it back if the email was lost a few weeks ago. It is less likely that an email or document that was lost a year ago will be retrieved.

Wipperman said ITS archives emails weekly, monthly and annually.

While backing up files has purposes other than monitoring college communitcaion, the ethics of retaining those emails can come into question. Dr. Bill Withers, professor of communication arts, thinks it is okay to do as long as people are aware of policies.

"Sure, provided there is a policy around such archives, and how long content is archived, and that policy is known to users," Withers said. "Sometimes people delete things accidentally and need them retrieved. And legally for the college, it's important to have such information accessible for a period of time in the rare case information is subpoenaed as part of a legal matter."

"ITS does have the ability to access people's emails but that is for the purpose of maintenance and going in to fix problems. We do warn people that things in there are not necessarily private," Wipperman said.

"In the rare chance that there is a legal case and the court issued a subpoena Wartburg would have to give the emails that are needed for that case," Wipperman said.

As outlined in Wartburg's computing policy, the college supports a climate of trust and respect and does not ordinarily monitor or screen electronic files. Nevertheless, the college cannot assure the confidentiality or privacy of electronic files.

"I think everyone needs to be better-educated on matters of digital communication, privacy, and security, not just our 'digital native' students," Withers said.

Model United Nations delegates review their policy statements before the first session. This was the first year MUN, a non-profit organization that works to expand knowledge on the UN as well as international issues, came to Wartburg's campus. — **Oxana Protchenko/** *TRUMPET*

The Model United Nations executive team for this year's Culture Week event. From top, left: Dani Thomas, Bret Billet, David Grant, Liza Gashi, Walker Wilson, Agatha Chitawo, Andjelka Zoranovic, Carly Russell and Bibek Chand. — **Oxana Protchenko/** *TRUMPET*

Culture Week 2012:
'The World Occupies Wartburg'

Top left: Bibek Chand and Akimi Shioya perform the Nepali dance. Top right: Rut Nastiti sings a Norweigan song. Bottom left: Phoebe Wang in the fashion show. Bottom right: Mahlet Girma holds the Ethiopian flag as dancers cricle her in a dance celebrating the country. This year's Culture Week performances featured 100 student performers In 19 different music and dance acts. There are 134 international student on Wartburg's campus, represting 49 countries. — **Submitted Photos**

Weiss joins derby team as training brawler

Megan Weiss practices jumping on her skates to perfect her derby skills. Weiss is one of the newest Push-Up Brawlers, a Cedar Valley roller derby team started in 2010. — Oxana Protchenko / *TRUMPET*

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As the school year comes to an end, one Wartburg student has found a new calling as a member of the Push-Up Brawlers.

Megan Weiss, a third-year political science major, has recently joined the Cedar Valley roller derby team as a "Training Brawler" after a try-out in early March.

Weiss said she heard about the team through her job at the East Bremer Diner, where she works with League President Morgan Combs, also known as "Morganized Chaos."

Weiss went to a few of the flat track derby competitions, or "bouts." She spent time with the women on the team, spiking her interest in joining.

"For me, I had spent time with the ladies on the team as a fan," Weiss said. "They all seemed like a blast to work with and they are all so excited about what they were doing."

Weiss said at first she was unsure about trying out for the team, due to her graduation in May and the time commitment required.

Weiss decided to give the team a shot, however, and tried out in a group of nine.

Tim Combs, or "Coach Flash," said Megan stood out in the try-outs due to her athletic ability.

"Megan was a natural athlete," Combs said. "She had amazing form. She is already fast on her skates and skates low. We could tell she used to run track."

Morgan Combs said Megan's ability was not the only thing that stood out about her.

"She had a great attitude," Combs said.

Coach Flash said a positive attitude is not the only thing needed to make a good Push-Up Brawler.

"They need to be able to be out of their comfort zone and not be afraid," he said.

Weiss said she is eager for the season to begin and said she is most looking forward to the challenge of competing in a new sport.

"I think just experiencing the whole sport," Weiss said. "It's a very tough sport, but it looks like a great time."

She said the time commitment is the most difficult part of being on the team as opposed to the physical challenges and the sport's rough nature.

The team practices 6:45 p.m. to 9:45 p.m. every Monday and Wednesday.

Weiss is excited for the season. She said Combs and Coach Flash already have an idea of what position she will play.

"They are thinking I will be a jammer," said Weiss.

According to the Push-Up Brawlers website, the jammer is the player that scores the points.

Coach Flash said this position acts as the "quarterback of the team."

No matter what position Weiss will play, she said she is eager.

With her new position on the team, Weiss will also choose a derby name.

"I'm thinking Monica Bruisinsky," Weiss said. "I really like politics and, well, Bill Clinton, Monica Lewinsky- it's a play on that."

The team begins official practice on April 2, but they have already begun skating.

The team plays at McElroy Auditorium in Waterloo. The season opens with a home bout on April 28 versus the Quad City Rollers.

Combs encouraged all to attend the bouts and see the team play.

"We are anticipating a winning season this year," she said.

"It would be a great season to check the team out."

Trials and triumphs of internships

TORIE JOCHIMS *ONLINE EDITOR*
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The steady clicking of the computer mouse and keys fills the air as Chrissy Schweiger deletes layers, adjusts line lengths and plays with typefaces as she works to fulfill client needs at her internship.

Jo Dorrance

Translating classroom knowledge to the work environment is a process many students go through planning for internships.

Internships are only required by eight majors on campus but are encouraged by the CCE and Pathways for all students.

Internships provide students with unique real-world opportunities and create networking contacts, Derek Solheim, associate director of Pathways, said.

The process for Schweiger led to an intern position at the Grout Museum in Waterloo last fall.

"As a graphic designer, I learned so much about working with my creative outlet and serving client needs. It was an amazing experience," Schweiger said.

The process of finding a great fit took months. Schweiger started planning for the internship last May, and the process continued to unfold throughout the summer until her start date in the fall.

Schweiger said she spoke with Jo Dorrance, internship coordinator, shortly after speaking with her adviser.

"It was hugely helpful to discuss what I was looking for, especially when I wasn't necessarily sure what I was looking for," Schweiger said.

Dorrance said a lot of students come in not knowing exactly what they want.

"Sometimes we get people with a clear vision and a specific site in mind, but a lot of the time students just come in with general interests, and it's our privilege to help them find a place that can really help them grow," Dorrance said.

Schweiger said she was thrilled about her placement and appreciated Dorrance's help.

"It wasn't something I would have thought of on my own, but Jo did a great job, and soon enough I had a phone interview with them," Schweiger said.

> *I learned so much about working with my creative outlet and serving client needs.*
> *-Chrissy Schweiger*

Students also learn how to submit a resume and handle an interview.

Not all students have positive internship experiences like Schweiger.

A student who wishes to remain anonymous for professional reasons said her internship was a disappointment compared to what she expected.

"The site where I was interning wanted me to fulfill a job since they were on a tight budget. I had no idea what I was doing and they didn't give any direction," she said.

The student added that an internship should be a positive learning experience for the students involved, and she did not feel that was the experience she received with this internship.

"Most internships are great and they help you to learn about the field you are working in. If people do not like their internships, it is still a learning experience," she said.

Preparing for an internship on the front end requires a lot of looking ahead to make room for the commitment.

Schweiger said she had to adjust her class schedule to make room for internship hours.

"But more than that, I had to learn how to adjust through collaboration on projects and producing products that were actually going to be used outside of a classroom setting," Schweiger said.

Schweiger's experiences varied, but she said one of the first projects she worked on during the internship was her favorite.

"I created pieces for an exhibit for the Waterloo Black Hawks hockey team," Schweiger said.

"They hosted a dinner where I got to meet the players and ask them for feedback on my work, and they all really liked it. That was such a cool experience I wouldn't have had without the internship."

As the summer approaches and a semester separates her from her first internship, Schweiger is considering another internship.

"The process was so easy with their help, and I can't even put value on the work experience I got while working with the Grout Museum," Schweiger said.

"At the end of it, I feel I've connected with people in my field and had a chance to really put my major to work, and that's an awesome feeling."

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KEEP UP TO DATE WITH STUDENT SENATE

Here is what happened at our last meeting:

- **Gary Wipperman, the assistant vice president for Information Technology Services, spoke about internet issues on campus. ITS is planning to implement a bandwidth increase of almost 100 percent this summer.**
- **Senate awarded $250 to Shalom Nwaokolo to present his entrepreneurial ventures at the MIT Global Startup Workshop.**
- **Two students received $400 in funding to attend the Clinton Global Initiative in Washington D.C.**
- **Student Life has ordered 324 new beds for Clinton and Founders. They also ordered new furniture for Knights Village and the Hebron Lounge.**

Our next meeting is Thursday, March 22.
Meetings take place at 11:30 a.m. in Buckmaster.
Everyone is welcome to join!

SPORTS

Softball goes 1-5 in Missouri contests

NATHAN FORD *ASST. SPORTS EDITOR*
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After returning from a trip to Florida at the beginning of the month, the Wartburg softball team returned to the field with a weekend of games in Missouri.

The Knights were in Columbia, Mo. Sunday for a doubleheader against Stevens College, dropping both games.

The first game was close in the beginning as the Stars scored two runs in the first inning, equaled by Wartburg in the second inning.

Stephens would score five runs in the fifth and sixth inning to win 7-3.

Freshman pitcher Hayley Woszczynski recorded five strikeouts in sevin innings of work.

The Knights trailed 3-0 in the second game but plated four runs in the fourth and fifth innings to take a 4-3 lead.

The Stars responded though with four runs in the fifth inning and two in the sixth to earn the 9-4 victory.

Freshman Alex Becker led the Knights at the plate for the day, going a combined 5-7 in the doubleheader.

Wartburg traveled to Springville, Mo. on Saturday for games against Greenville College and Evangel University.

In the first game, Greenville edged the Knights, 10-9

In the second game, the Crusaders jumped out to a 2-0 lead after one and never looked back en route to an 8-0 victory.

The Knights opened their Missouri trip with a doubleheader against Westminster College on Friday in Fulton.

Wartburg used three-run third and fourth innings to take a 6-1 lead after giving up a run in the first. The Knights went on to win their fourth game of the season, 7-2.

Woszczynski pitched all seven innings, giving up six hits and zero earned runs. Woszczynski also recorded five strikeouts.

The Knights took a 1-0 lead in the first inning of the second game, but the Blue Jays scored seven straight runs to win 7-1.

After six games in Missouri, the Knights are now 4-16 on the season. Wartburg will be in action just once this week when they travel to Grinnell for a doubleheader against the Pioneers (0-2) Saturday at 2 p.m.

Janelle Schneiderman pitches in a game last year.. She is a juior pitcher and utility player on the 2012 team She has a .455 batting average including a .727 slugging percentage. On the mound, she has a 3.45 ERA and has given up just 24 hits in seven apperances. —**File Photo**

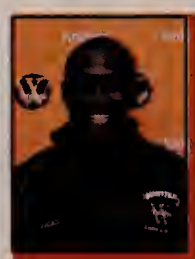
Who to watch in outdoor track

Nevada Morrison

2011: 4x400 meter relay National Champion; 400 meter dash National Champion; 200 meter dash, second; 4x100 meter relay, third.

2010: 4x400 meter relay National Champion; 4x100 meter relay, second; 400 meter dash, sixth.

2009: 4x400 and 4x100 meter relay National Champion; 400 meter dash, fourth.



Jonas Elsume

2011: High Jump National Champion.

2012(Indoor): Long Jump National Champion, High Jump; fifth.

2011(Indoor): Long Jump, third; High Jump, sixth.

First National champion in indoor men's track history.

Pizza Hut

Weekly Deals!

Mighty Monday Pzone's for $4. Choose up to three toppings, or choose meaty, pepperoni or supremo.

Tuscani Tuesday Family size of pasta and five breadsticks for $10. Choose Meaty Marinara or Chicken Alfredo.

Wing Wednesday Wings for only 50 cents. Choose hot, mild or boneless. Make them tangy with Honey BBQ or Frank's Red Hot.

Stop betting, enjoy the game and root for you team

◂ Continued from p.8

I have even heard people rooting against their favorite team just to get points in fantasy, but March Madness is always the worst.

People root for their most hated teams just to be right, Cinderella stories turn into stressed out panics and anger because their once perfect brackets are now ruined.

As sports fans we should embrace the upsets and underdogs. It is fun to watch these teams that have way more money for recruiting, and are so prestigious lose to these schools that are small enough that they probably have walk-ons on their team.

When Duke lost, there were constant score updates all around me, talking about how it is going to screw up my bracket and this and that, I was one of them. But I loved the fact that March Madness was living up to its name, madness.

How boring would it be if the top seed was always the winner?

Fantasy sports are the same way. People recruit some players from the same team, and some players from the same division.

But when it comes down to those two teams playing, owners are begging their own pitcher to let their rivals get a hit so they can win their fantasy game, even though it may mean their team loses.

It is even more surprising when these fans are Cubs fans, because let's be honest, they need all the wins they can get during the year.

Sports fans, enjoy your fantasy leagues, but remember to enjoy the sport first, and don't root for the other team, especially if it is your rival.

Enjoy your betting, enjoy the upsets but enjoy the game more, this is the reason that we are all sports fans. It's for the love of the game.

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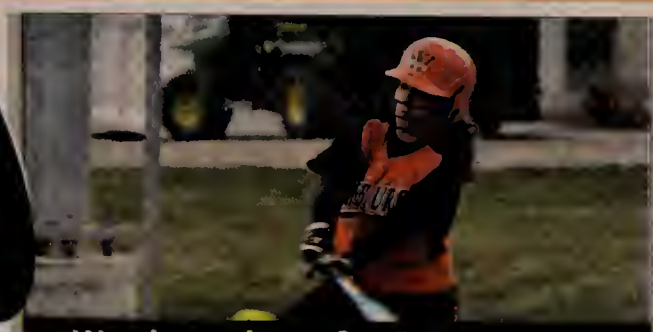
TRUMPET SPORTS



Wartburg drops five Missouri
The Knights win their first game while in Missouri making their record 4-16

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UPCOMING SCHEDULE

Friday	Baseball @ Central
Saturday	Baseball @ Central (DH)
	Softball @ Grinell (DH)
	M&W Track @ Missouri Relays
	Tennis vs. Dubuque

Wartburg mourns fallen Knights

AL STRAIN *EDITOR IN-CHIEF*
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The Wartburg Knights lost two members of their family last week after two former Knights died before reaching their 30th birthdays.

Aaron Wernimont, 26, died Monday morning in Bloomington, Ind. where he was studying optometry at the University of Indiana.

Eric Keller, co-head coach of the wrestling team, said Wernimont never sweated the little things.

"Aaron was full of life and definitely a guy who lived every day to the fullest," Keller said. "He always had a smile on his face and was filled with positive energy."

Keller said Wernimont awoke early Monday morning unable to breathe and his wife called emergency services. He died en route to the hospital.

Wernimont won two national championships in the 157-pound weight class for the Knights in 2008 and 2009 and was a three time IIAC champion. He was originally from Pocahontas, Iowa.

The news of Wernimont's death came just days after Wartburg won its ninth national championship in wrestling.

"Wartburg wrestling was on a high, and then a couple days later something like this happens," said former teammate and friend Mark Kist. "It goes from an all-time high to an all-time low."

Wernimont is survived by his wife, Kahri, his mother and father, his two brothers and two sisters.

Wernimont's funeral was held Saturday in Pocahontas. Wartburg Television will be showing a memorial video for Wernimont in the Lyceum on Thursday at 7 p.m.

The women's basketball family is also mourning the loss of a former player. Mollie Enwright, 21, died on Friday after battling non-hodgkins lymphoma for nearly three years.

Enwright was a member of the Knights basketball team in 2008-09 that went 16-11 for the season.

After being diagnosed in April of 2009, Enwright stayed connected with the Knights. Coe and Wartburg held benefits in Cedar Rapids and Waverly during the 2009-10 season to assist in paying Enwright's medical expenses. One of Coe's players, Devvin Rolson, went to high school with Enwright.

"It was very tragic and unfortunate," head coach Bob Amsberry said. "She was a quality individual. She lived life to the fullest."

Enwright is survived by her father, mother and two sisters.

Her funeral was Monday.

From left clockwise: Emily Cory, Mollie Enwright, Katy Wendt, Rachel Pins, Laura Duitsman, Brittni Lair and Gretchen Oswald at the benefit held for Enwright in February of 2010. Enwright played for the Knights for the 2008-09 season. —Marketing and Communication

Aaron Wernimont pictured with his wife Kahri. Wernimont was a two-time national champion in wrestling —Submitted Photo

Baseball sweeps St. Olaf in Metrodome

JUSTIN SZYKOWNY *STAFF WRITER*
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The Knights returned to the Metrodome this week for a late night/early morning double-header against St. Olaf.

In the first game, Wartburg jumped up 2-0 on the Oles in the first inning when sophomore Ryan Powers drove in Blake Wilson with a single. The next batter, Drew Yoder, sent Chase Hirschauer home with an RBI double. St. Olaf counterpunched with a run in the second before tying it up at two in the third inning.

The Knights had three runs in the bottom of the third and matched that with another three runs in the fourth.

Junior pitcher Scott Benson held St. Olaf in check and picked up his second win, going six innings with six strikeouts. The Knights finished out Game 1 on top 9-2.

The bats were quiet in the second game until the top of the third, when the Knights exploded for three runs off of three hits. Wilson brought in the first two with an RBI single and next batter, Hirschauer, drove in the final run of the rally.

Wartburg finished their scoring the next inning with an RBI double from Andrew Krehbiel, scoring Michael Schinstock from first.

As the Knights head towards conference play with a 6-6 record, head coach Joel Holst said that turning some of those closer contests that left them on the wrong side of the score into victories will go a long way.

"We've lost three one-run ballgames and we're hoping that we can turn some of those tighter games into W's as we head into the conference season," Holst said.

The Knights had a doubleheader in the Metrodome again late Sunday night, this time against Gustavus Adolphus.

This week Wartburg will open conference play in Pella with three games against the Central Dutch (9-3).

Levi Montague slides in during a game last year. Montague has 6 RBI's this season. The Knights are .500 this year and begin conference play this weekend against Central. —File Photo

The fantasy effect is hurting sports

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Each year in March, millions of people fill out brackets looking to win their office, friend or world wide pool.

They pick a 12 over a five seed, and a big upset and get all excited for the first day of games until, their bracket is ruined by some 15 seed that beats a two seed.

Amazingly these "basketball fans," suddenly can't wait for baseball season.

This is something I call the fantasy effect. It is when an avid sports fan is so invested in winning at a fantasy sport or betting that they quit worrying about their team or liking the sport.

▸ STOP BETTING —p.7